

## Abstract

A heater includes a plate having a heating surface for heating an object to be heated and a resistant heater element provided in the plate. This resistant heater element includes a continuous wiring pattern with a plurality of flexures and including a thermal uniform pattern part which improves thermal uniformity. If the resistant heater element includes a continuous wiring pattern with a plurality of folding parts as the flexures, a space between wirings before folding and after folding with respect to each of the folding parts is approximately the same as a width L3 in a region other than the folding part and the vicinity thereof and is made wider than the width L3 at the folding part and in the vicinity thereof.